

Quick Reads

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IDPH responds to July tornadoes



Pictured above: damage at the McFarland clinic/hospital in Marshalltown.

Early in the afternoon of July 19, 2018, several tornadoes touched down in central Iowa. Almost immediately, the IDPH [Emergency Incident Management Team](#) convened and determined the Emergency Response Plan would be utilized and a virtual Emergency Coordination Center (ECC) was activated.

A mobile healthcare facility was readied for deployment because of potential needs in Bondurant, Pella and Marshalltown. Because of the excellent local response and the lack of serious casualties and no fatalities, it was determined the mobile healthcare facility was not needed at this time.

Internally, IDPH remains ready to respond to any requests associated with the severe weather of July 19 and is always prepared for future emergencies.

A [webpage](#) with information about flood and tornado recovery is available on the IDPH website.

QI adventure update

Staff from the [Bureau of Substance Abuse](#) participated in a quality improvement (QI) adventure in July. They spent two days examining their grant evaluation processes. The bureau administers 13 grants for prevention and treatment of substance abuse and problem gambling in Iowa. Evaluation is a way to measure the results of a project or program funded by the grant.

The QI team created a value stream map to assess their current processes. They then identified opportunities to standardize and streamline them for all grants administered by the bureau. After prioritizing their ideas, a strategic plan was developed to move the improvement ideas forward.

The team will continue to discuss the improvements and monitor the changes.



Bureau of Substance Abuse staff map out grant evaluation processes as part of their QI adventure.

IDPH spotlight: Bureau of Oral & Health Delivery Systems



Dr. Bob Russell

The IDPH [Bureau of Oral and Health Delivery Systems](#) assures access to early dental health care, educates Iowans about the prevention of dental disease, and works to fill gaps and advance the availability of Iowa's health

professional workforce. The bureau's 14 staff have a number of current projects, which often repeat annually. These include the [I-Smile Dental Home project](#), the medical residency enhancement project, [PRIMECARRE](#) – the health professions student loan repayment program, and the [school-based dental sealant program](#).

With IDPH for nearly 14 years, Bureau Chief Dr. Bob Russell was previously the dental director of a Federally Qualified Health Center in western Michigan. In his time away from work, Dr. Russell enjoys cooking as part of his relaxation routine.

Note from last month's Quick Reads Spotlight: The scope of work listed in the Bureau of Local Public Health Services inadvertently implied that RCHCs provide those services directly. The list of activities reflects the range of work carried out by local public health agencies funded by the local public health services contract. Local public health agencies partner closely with many other areas of IDPH to carry out these activities.



The IDPH Bureau of Family Health recently participated in Greater Des Moines Habitat for Humanity's [Rock the Block](#) event. Pictured front row: Jean Johnson, Amy Buckert, Tammy O'Hollearn, Abby Meirick Back row: Rebecca Goldsmith, Meghan Wolfe-Miller, Libby Buchmeier, Shalome Lynch, Analisa Pearson



Increasing daycare physical activities were among the 5-2-1-0 strategies implemented in Mt. Pleasant.

5-2-1-0 expands

IDPH, the [Healthiest State Initiative](#) and [United Way of Central Iowa](#) have announced an expansion of the "[5210 – Healthy Choices Count](#)" campaign, first launched last fall in Iowa. Five additional communities (Manning, Mason City, Clinton, Mount Ayr, Keosauqua) and one county-wide project (Warren County) are joining. Each community will receive a \$22,000 grant and Warren County will receive \$38,000.

"Research has shown children who have healthy eating habits, are physically active and spend less time in front of a screen do better in school," Governor Kim Reynolds, who actively supported the public-private partnership, said.

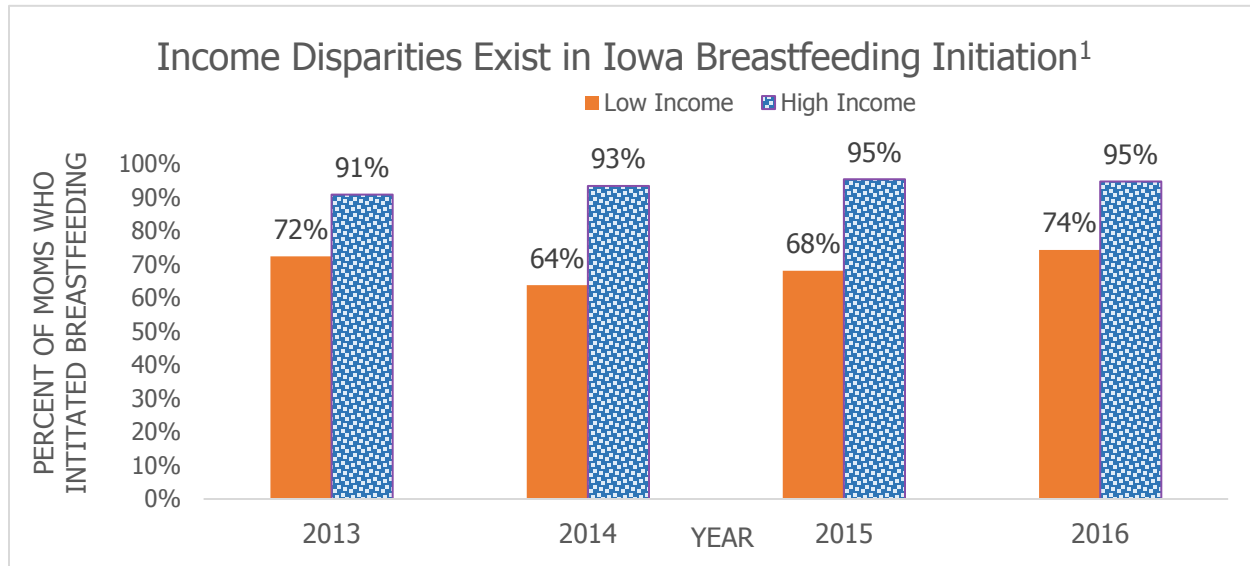
Meanwhile, the original 5-2-1-0 communities (Malvern, Dubuque, Mt. Pleasant, West Union) have submitted final reports. Mt. Pleasant reached nearly 6,000 individuals by focusing efforts in four main areas: child care, out-of-school programs, health care providers and the community.

At Little Panther Preschool, for example, one strategy was to provide opportunities for physical activity every day (the "1" in 5-2-1-0: one hour of activity per day). An indoor recess activity called "[Go Noodle](#)" was implemented. It has become an everyday afternoon class activity, and has created momentum for a playground equipment project.



Monthly data snapshot

Data are essential to the practice of public health. Each month, Quick Reads highlights selected tidbits to help create awareness of IDPH data and epidemiology.



¹Pregnancy Risk Assessment Monitoring System (PRAMS) 2013-2016 data

High Income = Family of 4 with monthly income of \$7,500+

Low Income = Family of 4 with monthly income of less than \$1,000

The Iowa Pregnancy Risk Assessment Monitoring System (PRAMS) is a survey used to identify groups of women and infants at high risk for health problems and measure progress in improving the health of mothers and infants. Iowa moms with a high family income were more likely to try breastfeeding than those with a low family income. Breastfeeding is recommended and benefits both mom and baby by reducing the baby's risk of asthma, obesity, type 2 -diabetes, ear and respiratory infections and Sudden Infant Death Syndrome (SIDS), and lowers the mother's risk of heart disease, type 2 diabetes, and ovarian and breast cancer (CDC, 2018). This gap between income levels indicates those of lower income are at greater risk for these health conditions, likely resulting in poorer health and higher health care costs for mom and baby. To learn more about the benefits of breastfeeding, visit <https://www.cdc.gov/breastfeeding/index.htm>. To learn more about PRAMS data, please visit <http://idph.iowa.gov/prams>.

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To contribute a news item or smart practice, please email [Polly Carver-Kimm](mailto:Polly.Carver-Kimm@iowa.gov). Get more IDPH news and information by [subscription](#) through Granicus. You may subscribe to many topics of interest. For IDPH topics, scroll down to "Public Health, Iowa Department of."

Congrats and kudos

Congratulations to the [Linn County Public Health Department](#), which has been named the Local Health Department of the Year, Medium Category, by the [National Association of County and City Health Officials](#) (NACCHO).

Black Hawk County Health Department leadership has been chosen as part of the third cohort of the Kresge Foundation's [Emerging Leaders in Public Health](#) initiative.

The [USDA Food and Nutrition Service](#) has awarded IDPH WIC a FY18 Breastfeeding Performance Award, given to state agencies that have shown the greatest improvement in fully breastfeeding infant participation. This is the second consecutive year IDPH has received this award. In addition, [MICA](#), [MATURA](#), and [Operation Threshold](#) received the [Loving Support Gold Award of Excellence](#).

